

# **2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda**

## **Reframing Pain in the Brain: A Sensory Cognitive Toolkit for Engagement with Pain Science**

**Presented by: Dr. Roger Newport and Oscar Hutton**

**Offered: 13 AUGUST 2025, 0830-1130 AM ET**

**Location: ZoomGov**

**Course Description:** This virtual workshop will demonstrate and teach attendees how to use easily reproducible sensory demonstrations that provide tangible evidence to support a new understanding of body and pain perception. These demonstrations create memorable learning moments through which clinicians can open and support conversations with patients about reconceptualizing pain within pain management programs. Attendees will learn about psychological aspects of body perception and the pain buffer and will have the opportunity to learn how to deliver and apply practical, first-person sensory experiences for the benefit of their own patients, their families, and other healthcare providers.

### **Learning Objectives:**

1. Explain how the brain makes sense of the body (body perception)
2. Explain how perception of the body and pain can be modified (reframed)
3. Explain the pain buffer analogy
4. Demonstrate first-person sensory experiences to provide learning moments
5. Apply workshop techniques in a clinical conversation

### **13 August 0830–1100 AM ET**

0830–0915	Workshop Part 1 – Body Perception I. Reflect on Current Understanding of Persistent Pain II. Discover How the Brain Makes Sense of the Body III. Experience Bodily Sensory Learning Moments
0915–0930	----- BREAK-----
0930–1015	Workshop Part 2 – Pain Buffer and Sensory Reframing I. Discover How the Pain Buffer Operates II. Discover Sensory Reframing as a Technique; Discuss Reframing Stories III. Experience sensory reframing learning moments
1015–1030	----- BREAK-----
1030–1110	Workshop Part 3 – Practical Application and Reflection I. Practice Delivering Sensory Learning Experiences II. Discuss Experiences and Explanations in Hypothetical Situations
1110–1130	Questions & Answers, Resources, Feedback